



## Region IV Behavioral Health Board Meeting

March 8, 2018

Room 131, 1720 Westgate Drive, Boise, ID 83704

11:00 AM – 1:00 PM

**Presiding Officers:** Christina Smith, Co-Chair;

**Board Attendees:** Amanda Leader; Chris Christopher, Member-at-Large; Jen Burlage, Treasurer; Brandi Hisson, Vice Chair; Fred Kesler; Sanda Kuzeta-Cerimagic; Wayne Sharp; Steve Graci; Austin Reed; Monica Forbes; Larry Maneely; Autumn Brechwald.

**Board Attendees by Phone:** Elizabeth Francis, Secretary; Ken Widick; Kyle Davis; Jake Wilson; Russell Salyards; Carlos DeLeon; Winslow Gerrish.

**Members of the Public:** Aaron Darpli; Darren Bushee; Bernie Wolinski; Alexis Pickering; Julie Nease, Dr. Kent, Sterling Williams, Jeff Kirkman, and Mark Persons

**Members of the Public by Phone:** Shannon Decker

**Absent:** Kim Keys, Co-Chair

Agenda Item	Presenter	Notes
<p>Welcome and Call to Order;</p> <p>Introductions and Review of Mission and Vision;</p> <p>Consent Agenda; Approval of Minutes</p>	Christina Smith, Co-Chair	<p>Meeting called to order at: 11:02 A.M.</p> <p>Quorum was met.</p> <p>Christina reviewed the R4BHB mission and vision statement.</p> <p>Introductions were made.</p> <p>Wayne Sharp moved and Austin Reed seconded to approve the consent agenda. All were in favor.</p>
Executive Committee Report	Christina Smith, Co-Chair	<p>Christina reviewed the Executive Committee meetings minutes from March 1, 2018.</p> <p>Autumn Brechwald and Steve Graci shared that the Youth Committee members were disappointed that they were not invited to the Meet and Greet event on February 7, 2018. There was a discussion about making sure committees are invited and how it was unfortunate that they weren't invited. There was a consensus from the Board to make sure it doesn't happen at the next event.</p> <p>The grant request submitted by the Youth Committee to apply for the Office of Drug Policy Substance Abuse Block Grant was retracted by the Committee due to time restrictions.</p>

DBH Update	Jen Burlage, DBH	<p>Jen reviewed the DBH Central Office Monthly Update.</p> <p>Board members expressed concerns that additional funding was not added to the Managed Services Contract.</p>
Committee Update – Wellness & Recovery	Monica Forbes	<p>Wade Bushee has agreed to be the new chairman of the Wellness &amp; Recovery committee. Individuals interested in joining the committee can email Wade at <a href="mailto:Wade@peerwellnesscenter.org">Wade@peerwellnesscenter.org</a>.</p> <p>Representative Kingsley’s House Bill 625, Sober Idaho Recovery Community Act (SIRCA), went to hearing on March 2, 2018 and was voted down. HB 625 was designed to place a tax on the sale of opioids at the wholesale level in order to provide funding to recovery centers throughout the state. Many felt that the tax expense would be passed on to consumers.</p> <p>Community Reinforcement and Family Training (CRAFT) will be held April 30<sup>th</sup> – May 2<sup>nd</sup> in Coeur D’Alene. Recovery Idaho is helping with scholarships for attendees and Region 1 has also provided funding for scholarships. Monica asked the Board for funding for scholarships. The request for funds application will be provided to Monica to complete and submit to the Executive Committee.</p>
Marketing Committee Fundraising	Christina Smith, Co-Chair	<p>The Marketing Committee is starting to plan for the next Meet and Greet event in 2019. The committee is thinking about including other regional Behavioral Health Boards along with representation from their communities. This event will require considerable funding and therefore the committee will be seeking sponsorships and looking at fundraising opportunities. Steve Graci asked about the budget and how much the Board has to spend. Jen Burlage explained the R4BHB budget is \$50,000 each year and a majority of it goes towards staff time (admin and policy support provided by Alexis and Julie) and why there is a need for fundraising. It would be ideal to fundraise as much as possible so Board dollars can go towards other things. Jen offered to do a budget update at the next meeting. The committee will be identifying future events along with funding needs and goals. A calendar of events is being created. The Board was asked for suggestions for events and fundraising opportunities. Donations and sponsorships are tax deductible and need to be sent to Central District Health Department.</p>
IDOC Free 2 Succeed Mentoring Program	Sterling Williams, IDOC	<p>Sterling Williams and Jeff Kirkman, both from IDOC, and Mark Persons, mentor, presented on the Free2Succeed program. Free2Succeed is a community based mentoring program with mentors throughout the state with a focus on reducing recidivism. Mentors work with parolees upon release by helping them to services and to provide support in their re-entry into the community. They are always looking for more mentors and if Board members know of or have any resources that parolees need, they are welcome to reach out to Sterling.</p>

Transcranial Magnetic Stimulation (TMS)	Dr. Kent, Treasure Valley TMS	Dr. Kent gave a presentation on the development and effects of Transcranial Magnetic Stimulation (TMS) on patients to give the Board more information on up and coming treatment options. He explained how the treatment was discovered, how it works, and the effects it has on his patients as well as what other studies show. TMS is FDA approved to treat many mental health diagnoses including depression, substance use, PTSD, and migraine headaches. There are minimal side effects which are localized and usually subside within a few hours of treatment. Insurances are requiring patients to try 3-4 medications and other treatments before TMS treatment is approved, usually for up to 36 treatments. Treatment is 6-8 weeks long. Treatment for OCD is expected to be approved by FDA this month. Patients are given a PHQ9 test of 27 questions and must score over 10 to be eligible for treatment.
Announcements: Agenda Items; Wrap-up	All	<ul style="list-style-type: none"> <li>• Mental Health Family Member Applications Due March 31<sup>st</sup></li> <li>• Mental Health Awareness Award Nominations Due March 31<sup>st</sup></li> <li>• IBHN Conference – April 16<sup>th</sup> – 18<sup>th</sup></li> <li>• ICADD – May 21<sup>st</sup> – 24<sup>th</sup></li> <li>• Mental Health Awareness Month – May</li> </ul> <p>Steve shared that Children’s Mental Health Awareness Week is May 7<sup>th</sup> – 12<sup>th</sup>.</p> <p>Steve extended an invitation from the Youth Committee asking for the Board’s co-chairs to attend the next meeting.</p> <p>Jen Burlage moved and Fred Kesler seconded to adjourn. All were in favor.</p> <p>Meeting adjourned 1:02P.M.</p>

Next scheduled Board Meeting: April 12, 2018 – 11:00 AM – 1:00 PM Room 131 Region 4 Offices, 1720 Westgate Drive